

Cervicogenic Vertigo

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Dizziness is a common clinical symptom and can be categorized into two types: **Simple dizziness**: A general feeling of light-headedness or instability. **Vertigo**: Dizziness accompanied by a sensation of spinning or rotation, often associated with nausea and vomiting. The causes of dizziness are often difficult to pinpoint and may involve various specialties such as otorhinolaryngology, internal medicine, neurology, psychiatry, and orthopedics.

What is Cervicogenic Vertigo?

Cervicogenic vertigo refers to vertigo caused by cervical spine disorders. It is characterized by dizziness that occurs during neck flexion, extension, or rotation, usually lasting for a short duration. Other symptoms may include nausea, sweating, and additional signs of cervical spine issues.

Clinical Characteristics

Cervicogenic vertigo is not uncommon in clinical practice and has attracted significant attention from medical researchers.

Although the exact mechanism is not fully understood, several hypotheses have been proposed, including: **Sympathetic nerve stimulation theory**, **Vertebral artery compression theory**, **Proprioceptive sensory disturbance theory**.

Diagnosis

Since dizziness can stem from various diseases, it is often challenging to differentiate. Accurate diagnosis relies on a physician's clinical experience and appropriate diagnostic tests. Other potential causes, such as visual, auditory, vascular, and intracranial disorders, must be ruled out.

Once cervicogenic vertigo is diagnosed, treatments such as massage, cervical traction, medication, and physical therapy often yield favorable results.

Prevention and Management

Avoid prolonged periods of working or studying with your head in a downward position. Perform regular neck exercises and engage in appropriate physical activities. Keep your neck warm to prevent strain or stiffness. Ensure sufficient sleep to promote overall well-being.

By maintaining good neck health and adopting preventive measures, you can reduce the risk of cervicogenic vertigo and enhance your quality of life.